Rapper's Delight

Count: 64 **Wall:** 2 **Level:** Very Advanced Funky

Choreographer: Rachael McEnaney (USA) - January 2010

Music: Rapper's Delight - Grandmaster Flash, Sugarhill & The Sugarhill Gang : (Album: The Best Of Grandmaster Flash & Sugarhill - Itunes - 4:01)

Count In: 16 counts from start of track (dance begins 16 counts BEFORE vocals start)
Notes: There are several arm movements in this dance – I have put them in italics where they could be optional to make it easier. Probably the hardest step sheet I've ever had to type so please refer to video on my website if you have any problems.
Thanks for your patience in learning it .

(1 – 8) Ball cross, ¼ turn L, R hitch, step hitch with ¼ turn L, ball step ¼ pivot, R cross, L side, R behind

& 1	Step ball of left to left side (&), cross right over left as you put left arm down to left side palm flat facing forward looking left (1) 12.00
2	Make ¼ turn left stepping left to left side (2) bring right arm underneath left with right palm flat facing down (arms now crossed) 9.00
3	Flick right leg up behind (as if kicking bum) bring back of hands towards eachother as if clapping back of hands together (3) 9.00
& 4	Step down on right foot hands slap down hitting opposite elbows (&), make ¼ turn left hitching left knee hands back to sides (4) 6.00
& 5 6	Step down on ball of left (&), step right foot forward (5), pivot ¼ turn left (6) 3.00
7 & 8	Cross right over left (7), step left to left side (&), cross right behind left (8) 3.00

(9 – 16) Step side L-R-L, touch R, step side R, L sailor step, R behind, ¼ turn L, close R

& 1	Making fists with hands & elbows bent: lift right arm up (fist at head height) (&), step left to left side hit right hand down as if hitting a drum in front of chest (1) 3.00
& 2	(same with left arm) lift left arm up (fist at head height) (&), step right to right side hit left hand down as if hitting a drum (2) 3.00
& 3	(same action with both arms) lift both arms up (fists at head height) (&), step left to left side hit both hands down as if hitting drum (3) 3.00
& 4	With elbows bent take both hands out to either side palms open (&), touch right toe next to left put both hands behind back (4) 3.00
5 & 6 &	Step right to right side (5), cross left behind right (&), step right next to left (6), step left to left side (&) 3.00
7 & 8	Cross right behind left (7), make ¼ turn left stepping forward on left (&), step right next to left (8) 12.00

(17 – 24) Arm movements – both arms: fists out, circle in, hands together, R hitch step, step forward L, 3 runs back R-L-R, ½ turning L sailor.

1 & 2	With fists clenched elbows bent: lift both arms up fists at head height (1), circle both arms (from elbow to fist) in towards each other (&) continue circling arms in ending with left hand on top of right in front of chest (2) 12.00
& 3	Hitch right knee and hit knee with hands (still on top of each other) (&), step in place with right (3) 12.00
& 4	Take right fist back (as if doing 'hitch a ride') (&), step forward on left drop right fist forward as if hitting drum (4) 12.00
5 & 6	Step back on right (5), step back on left (&), step back on right (6) 12.00
7 & 8	Cross left behind right (7), make ¼ turn left stepping right next to left (&), make ¼ turn left stepping forward on left (8) 6.00

(25 – 32) R kick step, L back rock, L kick step, R touch to side, toe switch L&R, close R, step L to side, close R

1 & 2 &	Kick right foot forward (1), step right in place (&), rock back on ball of left (2), recover weight onto right (&) 6.00
3 & 4	Kick left foot forward (3), step left in place (&), touch right toe to right side (4), 6.00
& 5 & 6	Step right next to left (&), touch left toe to left side (5), step left next to right (&), touch right toe to right side (6) 6.00
& 7 8	Step right next to left (&), take big step to left side with left (7), step right next to left (8) 6.00

(33 – 40) Step side L, R knee hitch, ball stomp, ball step, twist: heel-toe, twist both: heels-toes, L hitch, R point

1 – 2	Step left to left side (1) (styling: roll right shoulder forward), turn body to face diagonal (7.30) as you hitch right knee slap right knee with left hand (2) 7.30
& 3 & 4	(still facing diagonal) Step right next to left (&), stomp left foot forward (no weight) (3), step left next to right (&), step forward on right (4) 7.30
5 &	Turn body to face front again as you twist left heel in towards right (5), twist left toe in towards right (&) 6.00
6 &	Twist both heels to right (6), twist both toes to right (&) 6.00
7 & 8	Hitch left knee (7), cross left over right (&), touch right toe to right side (8) 6.00

(41 – 48) R sailor step, L behind, ¼ turn R, step fwd L, push off L making ¼ turn right stepping R, close L, R coaster step

1 & 2	Cross right behind left (1), step left next to right (&), step right to right side (2), 6.00
3 & 4	Cross left behind right (3), make ¼ turn right stepping forward on right (&), step forward on left (4) 9.00
5 - 6	Make ¼ turn right pushing off left foot to step right to right side (5), step left next to right (6) 12.00
7 & 8	Step back on right (7), step left next to right (&), step forward on right (8) 12.00

(48 – 56) Walk forward L-R, step forward L, pivot ½ turn to right, syncopated lock steps forward

1 - 2	Step forward on left (1), step forward on right (2) 12.00
3 - 4	Step forward on left (3), pivot ½ turn right (4) 6.00
5 & 6	Step forward on left (5), lock right behind left (&), step forward on left (6) 6.00
& 7 & 8	Step forward on right (&), lock left behind right (7), step forward on right (&), step forward on left (no weight) (8) 6.00

(57 – 64) Knee pop, toe switch forward R&L, knee pop, L back, R side, L cross, R side rock cross.

& 1	Lift heels off floor as you pop both knees forward (&), drop heels to floor (1) 6.00
& 2 & 3	Step left next to right (&), touch right foot (whole of foot not toe) forward (2), step right next to left (&), touch left foot forward (3) 6.00
& 4	Lift heels off floor as you pop both knees forward (&), drop heels to floor (4) 6.00
5 & 6	Step back on left (5), step right to right side (&), cross left over right (6) 6.00
7 & 8	Rock right to right side (7), recover weight onto left (&), cross right over left (8) 6.00

START AGAIN, HAVE FUN!

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